Sodium Reduction

Back to School Workshop 2014 Joe Oster and Lesli Murch

HHFKA of 2010

- The Healthy, Hunger-Free Kids Act of 2010 requires schools to meet sodium targets
- Daily maximum above which sodium becomes unhealthy for most healthy young adults is 2,300 mg which is equal to 1 tsp of salt

-Center for Science in the Public Interest www.cspinet.org November 2013

Health Risks

- Too much salt and sodium are linked to high blood pressure.
 - Increases risk for heart disease, stroke and kidney disease

"Evidence has documented that as sodium intake decreases, so does blood pressure in children, birth to 18 years of age"

-2010 Dietary Guidelines Advisory Committee Report

Sodium Reduction Chart

- Current school lunches contain about 1500 mg of sodium and the final lunch target is about 700 mg! That is less than half, a 53% reduction!
- ND schools average 1477 mg for grades 9-12 in 2013/14. The first target is 1420 so we are very close to meeting that.

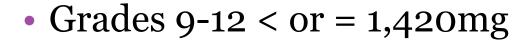
Sodium Restrictions- Breakfast

- Grades K-5 < or = 540 mg
- Grades 6-8 < or =600mg
- Grades 9-12 < or = 640 mg



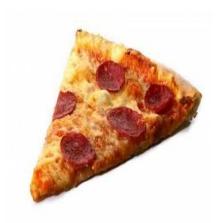
Sodium Restrictions- Lunch

- Grades K-5 < or = 1,230 mg
- Grades 6-8 < or = 1,360 mg





What items in your lunches do you think contain the most sodium?











Which of these items do you think is the worst?

- Table Salt is surprisingly not the biggest culprit.
- Sodium is more prevalent in processed foods than in salt shaken from salt shakers.

How about milk?

- White milk has 107-130 mg of sodium, chocolate milk has 180 mg.
- You need to offer milk with every meal, however, that takes up a pretty good chunk of our sodium limit.







What about cheese and pizza?

- The dairy industry is working on reduced sodium cheese that can be used to make pizza.
- How can we lower the sodium in the pizza we serve?
 - Home-made: takes time but some schools do it
 - Read labels: hard to do before purchasing, ask the salesman
 - Skip pepperoni and double stuff or stuffed crust at 800 mg, plain cheese has 480 mg

Bread Items:

- Bread and tortillas are surprisingly high in sodium. Salt is necessary to make bread rise.
 - One slice of bread has about 135 mg of sodium.
 - A ten inch, 2 ounce tortilla has 390 mg.
- Manufacturers are working on lowering the sodium in all school items.
 - There is a white whole wheat tortilla available with
 150 mg of sodium.

Beans

- Canned beans contain up to 500 mg of sodium per half cup. Canned beans are a lot more convenient to serve than soaking and cooking dry beans.
- How do you think we could find a way to reduce the sodium in canned beans?



How about ranch dressing?

- Ready-made ranch and ranch packets contain quite a bit of sodium. We could make a ranch dressing from scratch.
- Students love to dip foods. Try warm marinara sauce as a dip for pizza instead of ranch. The marinara sauce counts as a red/orange vegetable.

Scratch Cooking

- Salt is a preservative. Processed foods usually have more sodium than scratch cooked items.
- One way we can lower the sodium is to use herbs and spices to flavor food instead of salt.

Hand out: Flavor that Food Chart

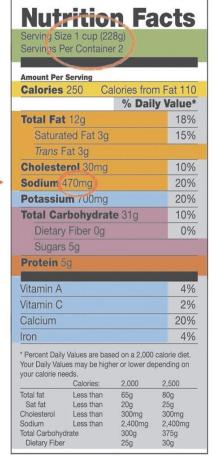
Spice it Un With.

Meate

•	Meats	Spice it op with:
•	Beef	Bay leaf, marjoram, onion, pepper, sage, thyme
•	Pork	Rosemary, garlic, onion, pepper, sage, oregano
•	Chicken	Ginger, marjoram, oregano, paprika, rosemary, sage, tarragon, thyme, curry
•	Fish	Dill, dry mustard, lemon juice, marjoram, paprika, pepper
•		
•	Vegetables	
•	Carrots	Cinnamon, cloves, marjoram, nutmeg, rosemary, sage
•	Corn	Cumin, curry powder, onion, paprika, parsley
•	Green Beans	Dill, curry, lemon juice, marjoram, oregano, tarragon, thyme
•	Leafy Greens	Onion, pepper
•	Peas	Ginger, marjoram, onion, parsley, sage
•	Potatoes	Dill, garlic, onion, paprika, parsley, sage, chives
•	Summer Squash	Marjoram, nutmeg, rosemary, sage
•	Winter Squash	Cinnamon, ginger, nutmeg, onion
•	Tomatoes	Basil, bay leaf, dill, marjoram, onion, oregano, parsley, pepper, garlic
•		
•	Pasta/Rice	Parsley, basil, rosemary, chives

Read Nutrition Facts Labels

- Read Nutrition Facts Labels
 - Foods that are low in sodium contain less than 140 mg or
 5 % Daily Value (DV)





Other Ways to Reduce Sodium

- Use fresh or frozen foods when possible—not canned
- Limit convenience foods as much as possible
- Steer clear of all smoked, cured and processed meats

Other Ways to Reduce Sodium

- Modify recipes that use high-sodium ingredients
 - Cheese sauce
 - Canned soups
 - Tomato sauce/paste
 - Chips
 - Taco Shells
- Do not add salt when cooking rice, pasta, or hot cereal

Other Ways to Reduce Sodium

- Use fresh or dried herbs, spices, lemon or orange zest, fruit juice
- Consume potassium rich foods to balance sodium levels

Portioning

- Portion sizes can be controlled by placing items such as hot sauce, ketchup, mayonnaise, and salad dressing into portion cups or using correct utensils to limit portion sizes per meal
- Which one of these is the best option for portion control?



Questions???

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This training is from the ND Department of Public Instruction Child Nutrition Programs

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